

Getting Started

Basic information for writing a Wellness Policy

1. Brief Synopsis

- Conduct Initial Homework
- Form the Development Team – a school health advisory council is required by Indiana Code ([IC 20-26-9-18](#)) and can be used to develop your school Wellness Policy
- Assess the District's Needs
- Draft a Policy
 - Review the sample policies listed below
 - Begin by listing those items you already have in place at your school
 - Select a few key wellness initiatives you would like to add to your Wellness Policy, remembering that the Wellness Policy can be a phased-in approach and items do not have to be addressed or implemented all at once
 - Start small and choose only a few items under each goal to implement your first year
- Build Awareness and Support
- Adopt the Policy

2. Links of Helpful Information

- Indiana Healthy Schools Toolkit provided by the Indiana State Department of Health - http://inhealthyweight.org/files/Indiana_Healthy_Schools_Toolkit.pdf
- Action for Healthy Kids Wellness Policy Tool - <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/>
- School Nutrition Association - <http://www.schoolnutrition.org/Content.aspx?id=8504>
- USDA Team Nutrition - <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>
- CDC – Centers for Disease Control and Prevention - <http://www.cdc.gov/healthyyouth/npao/wellness.htm>

3. Sample of Model Wellness Policies

- <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
- http://www.ecoliteracy.org/sites/default/files/uploads/cel_model_wellness_policy_guide.pdf